INFORMATION FOR COLORADO CITIZENS ABOUT CPR DIRECTIVES

Colorado law allows individuals (also called "declarants") to make their end-of life wishes known to others in documents called "advance directives." The law does not require an individual to make advance directives.

There are many types of advance directives. Living wills, medical durable powers of attorney, do not resuscitate orders, Five Wishes®, and others are example of methods allowed by Colorado law to document your end-of-life wishes. Your personal healthcare provider, attorney, estate planner or insurance agent may be able to help you make your end-of-life wishes known.

A Cardiopulmonary Resuscitation (CPR) Directive is also one type of advance directive. CPR directives instruct emergency medical services (EMS) personnel and health care providers about your wishes in the event your heart stops beating or you stop breathing. In accordance with the law, the Colorado Board of Health has adopted rules at 6 CCR 1015-2 that guide EMS personnel on what to do when they encounter a person whose heart has stopped or who has stopped breathing and whose end-of-life wishes have been expressed through a CPR directive. For more information, please visit www.coems.info.

Frequently asked questions?

What is CPR?

CPR is the abbreviation for "cardiopulmonary resuscitation." CPR is a series of emergency steps provided to a person whose heart has stopped pumping blood (a condition known as cardiac arrest). These steps include, but are not limited to, rescue breathing (mouth-to-mouth resuscitation) and chest compressions. CPR may also include the use of electrical stimulation and medications given via the blood stream to stimulate the heart to begin to beat.

What is the purpose of a CPR directive?

A CPR directive tells EMS personnel or other healthcare providers that you are refusing CPR in the event your heart stops or you stop breathing.

How do I make a CPR directive and is there a specific form?

Colorado law allows a CPR directive to be a written document. A sample document or template that can be prepared as a CPR directive is available on the Colorado Department of Public Health and Environment's website at www.coems.info or you can write your own CPR directive. Many clinics, doctor's offices, hospitals and commercial vendors have forms which can be used to document your wishes in the event you need CPR. You are not <u>required</u> to use one specific form.

If I want to make a CPR directive form that EMS personnel would recognize, where can I get one?

You may write your own CPR directive or have someone else help you write one. The Board of Health encourages you to use this template:

www.cdphe.state.co.us/em/Operations/CPRDirectives/template.pdf

You can either print this template, fill it out, and use it as a CPR directive or you can create your own document based on the information in the template.

Additionally, for a fee, CPR directive forms can be ordered from:

Progressive Services 1925 S Rosemary St. Unit #H Denver, CO 80231 (303) 923-0000 www.printwithpsi.com

What information is important to be included on my CPR directive?

Full legal name

Date of birth

Gender

Eye color

Hair color

Race

The person's instruction concerning the administration of CPR

The signature of the person making the directive and the date it was made

The signature of the person's physician

The signing physician's name, address, telephone number and Colorado license number

If in hospice, the name of the hospice program/provider, and

Tissue donation information (optional)

Although the Board of Health recommends that CPR directives contain the information listed above, the Board of Health does not restrict any other manner in which a CPR directive may be made. The more information you include on your CPR directive, the more likely your wishes will be followed.

I have seen bracelets and necklaces that say "No CPR." Can I wear one of those?

Yes. A bracelet or necklace is allowed under the law. You may contact Award and Sign Connection at www.awardandsign.com or at (303) 799-8979 or other companies that make these.

What instructions does my CPR directive need to include?

Your CPR directive should instruct EMS personnel, health care providers, and any other person what you want done if your heart or breathing stops or malfunctions. Your healthcare provider can help you decide what options you should consider based on your current health.

Does a physician have to sign my CPR directive?

Yes. The physician you consulted about making your CPR directive must sign it. It does not have to be notarized.

Do I have to give the EMS personnel the original CPR directive.

No. You may have multiple copies of your signed directive. The Board of Health rules require EMS personnel to honor a valid CPR Directive that has been photocopied, scanned,

faxed or otherwise reproduced. You may want to have several copies of your CPR directive available to ensure rapid recognition by health care providers.

Can someone else make a CPR directive for me?

Yes. Another person who is designated under the law as your agent or proxy can make a CPR directive for you.

What will happen if I need an ambulance and I have a CPR directive?

A CPR directive is only in effect if your heart or breathing stops or malfunctions. If you fall and break your hip, have a diabetic problem or need other medical assistance, EMS personnel will provide the medical treatment you need. A CPR directive does not prevent you from receiving other needed medical treatments or ambulance transport.

Does my CPR directive expire?

No. You may revoke your CPR directive at any time by destroying the document or verbally telling EMS personnel or other healthcare providers that you want to receive CPR.